

January 31 Day Self-Care Challenge

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Gather 5 positive affirmations for 2024	2 Set your goals for 2024 & put them where you can see them daily	3 Listen to some relaxing music	4 Develop a weekly, monthly, & quarterly cleaning schedule	5 Take a long, hot bath or shower	6 Find a book you want to read in the first quarter of 2024
7 Journal your vision for 2024	8 Set your alarm for 15 mins earlier to sit & meditate	9 Try an online workout	10 Have a cup of hot cocoa, tea, or apple cider	11 Give yourself a neck massage	12 List 10 things you are grateful for	13 Take a cat nap
14 Set a bedtime for the days you work & commit to doing it	15 Create your bedtime routine	16 Spend 5 mins in complete silence	17 Check in with your stress levels	18 Wear something warm & fuzzy	19 Do something you loved as a kid	20 Indulge in comfort food
21 Have a lazy day relaxing	22 Make a get-well kit for sick days	23 Make time for hobbies or new interests	24 Schedule weekly calls with friends & family	25 Find a trip to plan for 2024	26 Declutter any mail from 2023	27 Do a comfy yoga routine in your pjs
28 Get cozy & read a new book	29 Moisturize your hands & feet	30 Redecorate a room in your house	31 Make a list of your faults & counter the with something positive			

Don't forget to send your proof of daily participation to us for a chance to win a self-care basket!

